

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Forest Hill Heights Memory Care

<p>10:30am- Teatime & Coffee Chats 11am- Morning Stretches 12:30pm- Daily Chronicle & Fun Facts 1pm- Church Service Stream 2pm- Half Match 2:30pm- Throw Tic Tac Toe 3pm- Hydration Station 3:30pm- Peace & Coloring 4pm- Elefun 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Discussion Ball 1:30pm- Hits from the 30's 2:30pm- Balloon Soccer 3pm- Hydration Station 3:30pm- Fabric Feel 4pm- Hair Fix 5:30pm- After Dinner Stretch 6pm- Movie Night! 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Skee Ball 1:30pm- Rhyme Time 2pm- Balloon Noodle Baseball 2:30pm- Parachute Prevail 3pm- Hydration Station 3:30pm- Hot Potato 4pm- Random Trivia 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Bowling 11am- Puzzle Corner 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep it Up 1:30pm- Crafty Hour: Fork Snowflake Painting 2:30pm- Mini Golf 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Shoot for the Hoop! 5:30pm- After Dinner Stretch 6pm- 5 Second Rule! 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- In the Kitchen 12:30pm- Daily Chronicle & Fun Facts 1pm- Badminton 1:30pm- Nail Polishing & Hand Massages 2:30pm- Reminiscent Picture Books 3pm- Hydration Station 3:30pm- Bottle Toss 4pm- Checkers 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Sensory Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Fly Swat 1:30pm- Remembering Elvis' Songs 2:30pm- Giant Ring Toss 3pm- Hydration Station 3:30pm- What in the World? 4pm- Folding Function 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation Elvis Day!</p>	<p>10:30am- Teatime & Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle & Fun Facts 1pm- Snowball Knockdown 1:30pm- Residents Choice! 2:30pm- Mid-Day Seated Aerobics 3pm- Hydration Station 3:30pm- Hangman 4pm- Button Sorting 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation New Year's Day</p>
<p>10:30am- Teatime & Coffee Chats 11am- Morning Stretches 12:30pm- Daily Chronicle & Fun Facts 1pm- Church Service Stream 2pm- Baby Corner 2:30pm- Shoot for the Hoop! 3pm- Hydration Station 3:30pm- Peace & Coloring 4pm- Balloon Soccer 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- Puzzle Corner 12:30pm- Daily Chronicle & Fun Facts 1pm- Badminton 1:30pm- J & J! 2:30pm- Mini Golf 3pm- Hydration Station 3:30pm- Folding Function 4pm- Hair Fix 5:30pm- After Dinner Stretch 6pm- Movie Night! 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Sensory Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Ladies Tea & Men's Social 2:30pm- Giant Ring Toss 3pm- Hydration Station 3:30pm- Bean Bag Toss 4pm- Word Builder 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Bowling 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Table Broom Hockey 1:30pm- Crafty Hour: All About Me Collage 2:30pm- Bowling 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Snowball Knockdown 5:30pm- After Dinner Stretch 6pm- 5 Second Rule! 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Skee Ball 1:30pm- Nail Polishing & Hand Massages 2:30pm- Button Sorting 3pm- Hydration Station 3:30pm- Throw Tic Tac Toe 4pm- Random Trivia 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- In the Kitchen 12:30pm- Daily Chronicle & Fun Facts 1pm- Discussion Ball 1:30pm- Crafty Hour: Welcome Winter 2:30pm- Going Fishing! 3pm- Hydration Station 3:30pm- Hangman 4pm- Fabric Feel 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime & Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep it Up! 1:30pm- Residents Choice! 2:30pm- Mid-Day Seated Aerobics 3pm- Hydration Station 3:30pm- Rhyme Time 4pm- Checkers 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime & Coffee Chats 11am- Morning Stretches 12:30pm- Daily Chronicle & Fun Facts 1pm- Church Service Stream 2pm- Spot the Difference! 2:30pm- Bean Bag Toss 3pm- Hydration Station 3:30pm- Peace & Coloring 4pm- Fly Swat 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- In the Kitchen 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Soccer 1:30pm- Hits from the 50's 2:30pm- Table Broom Hockey 3pm- Hydration Station 3:30pm- MLK History & Trivia 4pm- Hair Fix 5:30pm- After Dinner Stretch 6pm- Movie Night! 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Puzzle Corner 12:30pm- Daily Chronicle & Fun Facts 1pm- Elefun 1:30pm- Hangman 2pm- Discussion Ball 2:30pm- Shoot for the Hoop! 3pm- Hydration Station 3:30pm- Bowling 4pm- Checkers 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Bowling 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Crafty Hour: Snowflake Creations 2:30pm- Giant Ring Toss 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Badminton 5:30pm- After Dinner Stretch 6pm- 5 Second Rule! 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Sensory Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Mini Golf 1:30pm- Nail Polishing & Hand Massages 2:30pm- Fabric Feel 3pm- Hydration Station 3:30pm- Snowball Knockdown 4pm- What in the World? 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Throw Tic Tac Toe 1pm- Beauty Station 6pm- Winter Ball with the Musical Stylings of Tom Cooke !! 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime & Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle & Fun Facts 1pm- Skee Ball 1:30pm- Residents Choice! 2:30pm- Mid-Day Seated Aerobics 3pm- Hydration Station 3:30pm- Random Trivia 4pm- Folding Function 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
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